3d ACR Brings Food to Ar Ramadi

Story and Photo by Cpl. Joe Niesen 350th MPAD

RAMADI, IRAQ-When Maj. Blake Graham and Maj. Crean toured the Ar Ramadi General hospital; they were appalled at the conditions under which the patients were living. The one thing that stood out to both of them was the food that was being served.

"They were getting bread and this gray stuff. Maj. Graham called it broth, I called it gruel," said Crean.

When they returned, Graham began to ask Crean what could be done to help the patients not just at the hospital in Ramadi, but throughout the 3d ACR's area of responsibility.

"I spoke with Maj. Crean and he sent out some e-mails to variorganizations asking if they had any rations or ways to trailers filled with cases. They received more than enough for not only the Ar Ramadi hospital, but for most of Al Anbar Governorate where the 3d ACR is currently

"It was way more than I expected," said Crean who had counted almost forty nine thousand cases on the trucks. "I expect it to be here no more than two weeks at the most," he added.

> The rations consist of a menu that is

> similar to the Meal Ready to Eat supplied to American soldiers. The main

difference lies in the

way that the menus

have been designed to appeal to any diet

and are considered

safe for groups with a

restricted diet due to religious beliefs.

bland by our stan-

dards, but they are

filling and provide

everything a person

needs to survive,"

added

clinics

Graham

and

"They are a bit



FOOD--Sodiers from the 3d ACR's Regimental Headquarters element, and its attachments, unload trucks carying Humanitarian Daily Rations that will be delivered to local hospitals and welfare agencies.

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help out," said Graham.

Crean sent out around 30 e-mails and received a response from Logistical Support Area Anaconda, which offered to send 4800 cases of Humanitarian Daily Rations (HDR). At first, Crean was disappointed at the amount but told them to send it anyways; he was looking for around 8000.

What he got, consisted of three low-boy

said Crean. that the local hospiwould be the first

priority when it came to delivery of the rations. Once this had been accomplished, the governorate support team would begin looking at other areas to send the meals.

The first delivery occurred the next day when Graham and a group of volunteers loaded a truck with the cases of food and drove to the local women and children's hospital in Ar Ramadi.

There they were aided by hospital staff and patient family members in unloading the boxes. They quickly emptied the truck and headed back for more.

"Hopefully this will show them that we aren't jerks," said Sgt. Harvey Proffitt, a soldier with the 3d ACR's HHT, "It's a nice break from worrying about this mission, and it makes me feel better about myself and the work I'm doing here."

Regimental Reflections

Chaplain (MAJ) Faria Regimental Chaplain

1 A Psalm of David. To You, O LORD, I lift up my soul. 2 O my God, in You I trust, Do not let me be ashamed; Do not let my enemies exult over me. 3 Indeed, none of those who wait for You will be ashamed; Those who deal treacherously without cause will be ashamed. 4 Make me know Your ways, O LORD; Teach me Your paths. 5 Lead me in Your truth and teach me, For You are the God of my salvation; For You I wait all the day. 6 Remember, O LORD, Your compassion and Your loving kindnesses, for they have been from of old. Psalm 25:1-6, (NASB)

Scan the bookshelves or look at the movies and you will find over the past ten years an outpouring of movies about soldiers (We were soldiers, Blackhawk Down, Band of Brothers). Go to prayer breakfasts and you'll hear stories by combat veterans of how they lived through the night. This twenty-fifth Psalm is really a peek into the prayers of a warrior/soldier/poet David.

After the magnificent comforting words of the 23rd Psalm (The Lord is my shepherd) we are brought into the secret places of a combat soldier's heart. He presents himself to God, his very soul and leaves himself in God's hands. As if they're standing together, God and David have an intimate conversation about David's enemies: he requests that they would not gloat (read-

HUMANITARIAN AID-Soldiers from the 1-124th Infantry delivered

win the battle) over him (v.2) or be a cause of shame to David. Rather, he pleads that God would take the day (v.3) over David's enemies. Many soldiers pray this prayer in one form or another. But to stop there is to fail to win. There's more to a combat prayer warrior's prayer.

David prayed that God would execute His will over his enemies. The obligation David undertook was to obey what God said. Notice his words, "Make me know," "teach me," "lead me." Wouldn't you want a soldier like that? What would he know, be taught and led to? God's paths (how to do right) and God's truth (what is right and true). David not only requested that God lead him and teach him- He gave a very specific reason for his prayer.

David's entire prayer is not based on what God could do for him but upon God's compassion and loving kindness. His prayer is God-oriented rather than safety oriented. These were the covenant promises that God had made to His people. Otherwise, David would have had no claim to God's protection over enemies. It is sheer grace that David is asking. Do you have the heart of a warrior and the warrior's prayer? Do ask for God's protection but remember there's a corresponding obligation to take God's commands to heart when enemies are not around.

medical supplies to the Women's and Children's Hospital in Ar Ramadi, Iraq on July 2. Photos from left to right: Spc. Alwyn Lynch looks up at the 3d Armored Cavalry Regiment's Kiowa Warrior which is assisting soldiers from the 1-124th in pulling security,Sgt. 1st Class Errol Gardner stacks boxes of medical supplies as they come off of the truck. Photos by Spc. Justin A. Carmack, 350th MPAD.

Guardsmen Give Iraqi Fishermen Means to 'Net' Long-Forbidden Treasure

By Sgt. 1st Class Gary L. Qualls Jr. Special Correspondent to Desert Rifles

AR RAMADI, Iraq - For nearly 30 years local fishermen were forbidden from fishing in the stretch of the Euphrates River that flows past Saddam Hussein's former palace here. It is considered to offer the best fishing in Iraq, but was reserved strictly for producing large fish for Hussein and his palace guests. Snipers awaited anybody who entered this stretch of the river, executing any who dared try.

Now, Coalition Force's victory in Iraq and the gift of a vital tool from the Florida National Guard's 1st Battalion, 124th Infantry has opened this precious

portion of the river to local fishermen. It has given them the key to a long-forbidden treasure.

The vital tool the 1st Bn., 124th Inf., nicknamed "Hurricane," gave the Iraqi fishermen, on June 24, was some fishing nets. The fishermen had lost their nets during the war. They had hid them in tall grass so they wouldn't get confiscated or looted, but



FISH--Lt. Col. Hector Mirabile, battalion commander of 1st Battalion, 124th Infantry, gives a vital "tool of the trade," fishing nets, to Iraqi fishermen during a recent ceremony.

the grass was set on fire so they lost them.

Hurricane learned of the fishermen's misfortune after taking a hard line with them. They warned the fishermen not to use grenades to catch fish and to not come across the river to the unit's area of operations. They even had to impose a five-day fishing moratorium on the fishermen.

"(During these encounters) the fishermen explained about how they lost many fishing nets during the war," 1st Lt. Glenn Scott Slaughter, Hurricane battle captain. "We tried to understand." The unit decided to try and buy some nets for the fishermen, initially with a collection from the battalion's soldiers themselves. Then, the 490th Civil Affairs Battalion (Abilene, Texas) informed them that there were funds available for projects such as theirs. They were helpful, showing

Hurricane how the process works and answering questions along the way, Slaughter said. Hurricane applied for money for the project and it was approved.

The unit tried to get the maximum benefit for the fishermen, finding a deal where they got \$2,000 worth of fishing nets and equipment for \$1,000. The fishermen could never buy these nets, which are their livelihood, themselves. Each net costs \$20 and the most an Iraqi citizen will make in a day, from what is considered a fairly good job, is \$3.

"Projects that win the hearts and minds of the people get more done than any other type," explained Battalion Command Sgt. Maj. Wayne Wynn about why units do humanitarian projects like this after wars.

A key factor in the whole effort is money, Wynn explained. "Money talks. With money you can do projects like this and the people see it instantly. Word travels fast," he said.

Hurricane, which is involved in many other humanitarian projects, such as medical supply drops to local hospitals, chose this particular project partly because of their background.

"We're a South Florida, Caribbean-based unit so fishing's a way of life for us too, only we do it for fun and they do it to support their family," Slaughter explained.

With all of Hurricane's projects, they try to not only give the locals something, but also teach them something of value along the way, Slaughter said. With the nets for example, the fisher-



FISH--Iraqi fisherman wave goodbye after receiving fishing nets from Hurricane Battalion.

men will be self-sufficient in providing for their families' livelihood, but if Hurricane simply gave them some fish they wouldn't help their self-sufficiency and it wouldn't sustain them for life.

"This way they will feel like men," Slaughter explained. "We will build good allies and good citizens."

Reserve Spotlight...

Story and Photos by Cpl. Joe Niesen

94th Military Police Brigade-Reserve unit out of Saco, Maine

The members of the military police unit assigned to F.O.B. Eden have been some of the chief players in getting the local police force up and running. Through Training, these soldiers have provided the near by town of Hit with a competent police force that will eventually take over the Coalition presence in the community. Work like this serves not only to keep the peace in the area, but it lessens tensions between soldiers and civillians by giving the local community the means to govern themselves. They have worked with 3d squadron to enforce the Coalition

They have worked with 3d squadron to enforce the Coalition mandated curfew and worked with groups like PSYOP and Civil Affairs to ensure the local police get the support of the community. They have also provided escorts for U.S. and Coalition convoys in their area.



RESERVE--Soldiers from the 94th Military Police Brigade prepare for a nights patrol through the Iraqi city of Hit.

974th Quartermaster Company-comprised of Reservists from across America

The members of this unit have been assembled from at least 18 other components from California to New York. Their mission, to keep soldiers clean, healthy and well dressed. To facilitate this mission, they have set up twelve person shower points at areas like F.O.B. Eden which run day and night with a brief break during the heat of the day to ensure that their equipment doesn't overheat. To keep soldiers uniforms in a good state of repair, they have brought tailors and seamstresses to sew on patches, rank and repair any damage soldiers may have as a result of their various missions. They also coordinate laundry runs to Al Asad airbase where a larger portion of their unit waits to clean and sanitize uniforms and return them quickly to the soldiers.



RESERVE--A soldier maintains his anonamity while preparing to make use of the shower facilities that the 974th Quartermaster company has set up at F.O.B. Eden outside of Hit.



Things I've Learned So Far on This Deployment

By Capt. Michael Calvert 350th MPAD

By trade, I'm an educator, so I tend to view my experiences as opportunities to learn. There are things that I have learned so far on this deployment. I'm not sure if they will be useful later in life, but who knows what applications one will have for knowledge gained?

First, I've learned that a person can live without a shower. The caveat is that no one wants to live with that person. However, when everyone smells, they sort of cancel each other out. Even the mosquitoes seem to like me better when I'm clean. Three cheers for the chemical troops and their field expedient showers.

I've also learned that the Army needs to invest some money in the research and development team for MREs. Thunk, thunk, thunk (the sound of a dead horse being beaten). I remember the days of dehydrated pork patty, so I'm not complaining, really. I'm just a captain; what do I know? Well, I know that you can burn through 24 varieties of meals pretty quickly when it's all you have for a few weeks. I know that the cheese is better on the crackers than on the bread. (Also, why do they call it "snack" bread anyway? I never think to myself, "A snack would be really good right now. Ahhh some wheat snack bread will really hit the spot!") I know that the

Beefsteak meal comes with a beefstick for a snack and that Pasta with Vegetables has both roasted peanuts and peanut butter in it. I know that I really miss the Tuna with Noodles, but not the Omelet with Ham. I could go on with this point, but why bother?

I've learned a few things about myself. Some of which I like, some I don't.

I've learned that latrine duty is an acceptable price to pay for a toilet seat. (Not that I've done latrine duty, but I would. It looks easy, just unappealing and boring.) Don't forget to bring your own paper, or you'll learn something else. I'd really like to learn whether or not real toilets exist in this country.

I've learned we need to look out for one another.

I've learned that, around here, mosquito netting is worth the effort. The little boogers are voracious and seem to have more tenacity than mosquitoes at home. I can't be certain, but I think I've seen them working in teams of two to ten in an effort to bring down prey. Typically, they choose the weakest member of the herd to stalk, so don't hang out on the fringe and don't forget your PT. Also, don't forget Malaria Monday. (I just wish there was Dysentery Tuesday; the flies are thick around here too.)

I've learned that in Iraq, flares and small arms fire can mean trouble or that it's somebody's birthday. In either case, the bullets are equally dangerous.

I've learned that mail is a good thing to get, and care packages are better when shared.

I've learned that it is okay to wash your clothes in the Euphrates, but not your body. I've also learned there are some snakes in the water and that I had better be careful when I'm washing those clothes.

l've learned never to take air conditioning or my family for granted.

I've learned that the thumbs up and peace sign are not always good things. Why is that? What is a good sign to flash the Iraqi people? Do they have one? If not, why not? Every culture has a few. I need to ask the people over in Civil Affairs.

I've learned that time can pass very quickly or very slowly here, depending on how I choose to spend or kill it.

I've learned that there is some good to be done in this country. It isn't enough that we got the bad people out; now we have to help clean up the mess that was made in the process. It doesn't really matter if a few rocks are thrown my way, or if a few young men give me the worst half of the peace sign. We shouldn't do things expecting gratitude. We should do them because they are the right things to do.



The Back Page...

Anti-smoking activist gives up effort on Colorado Springs smoking ban

COLORADO SPRINGS-After experiencing a unexpectedly low show of support by his fellow residents, Colorado Springs resident Mike Werner and his group, Colorado Springs for Clean Indoor Air, have given-up on having their anti-smoking bill placed on the coming election.

The group only received about 4000 signatures during a grassroots campaign to make it illegal for businesses to allow smoking indoors.

"If you're doing a citizens' initiative, and citizens aren't going to be involved, then it's not going to work," Werner said Tuesday, adding the signatures were collected with only a handful of volunteers.

Werner's bill was rejected earlier this year by the city council amid protests from local area business owners complaints of lost revenue should such a plan be put into place.

Man Charged with Pinching Lil' Kim's Jewels

John Acheson, 31, was charged on Monday in New York with attempted grand larceny, attempted grand larceny by extortion and attempted coercion. If found guilty, he could face up to four years in jail.

Lil' Kim lost a reported \$250,000 worth of jewelry after a mix-up at JFK airport on June 20. The rapper was waiting to fly to Los Angeles for the BET Awards, but when boarding the 8.45am flight from the airport in New York, realized that she had accidentally checked her Louis Vuitton bag, containing around

\$500,000 worth of jewelry, into the baggage hold of the jet.

The missing jewels were found last week by a United Airlines employee, wrapped in rags in a staff locker at the airport.

According to BBC News, the investigation into the jewelry's theft is still continuing, the New York Port Authority said.

NASA Delays Launch of Mars Mission

NASA's second unmanned probe to the red planet has been placed on hold while engineers inspect the seal between a piece of cork insulation and the Delta II launch vehicle.

Stray boats and high winds have already delayed the launch twice, the flight is now scheduled to take place on Saturday, July 5.

The cork, which is fixed with an adhesive, has not been sticking properly to the first stage.

"They are going to re-evaluate the heating and curing process," Robert Villanueva, spokesman for Boeing, told New Scientist. The tests should be completed by the end of Wednesday.

Villanueva adds: "There is no concern this will impact on the success of the mission." Even so, the end of the rover's launch window - 15 July - is now getting rather close. If this were missed, only the first rover, launched on 10 June, would make it to the red planet.

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National League	<u>Angels</u>	41	40	.506	11.5	23-18	18-22	6-4	Won 1	
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	<u>Padres</u>	29	55	.345	22.0	15-27	14-28	6-4	Won 3	

Question of the Week:

How much vitamin C is in a pack of Skittles?

Submit answers to: RCSM Caldwell in writing with name, rank and section.

Last weeks answer:

The human thorn in The Hulk's side is none other than Gen. Thaddeus "Thunderbolt" Ross.

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